

Mental Health is Ours

EVENT CALENDAR 2026

This year, May Mental Health Month's theme of **Mental Health Has Always Been Ours** invites everyone in San Mateo County to honor and build on the ways they already support their own well-being and the well-being of those around them. It's about connection, shared strength, and making mental health support feel familiar, accessible, and rooted in community for people of all backgrounds and walks of life. Join us in sharing how mental health belongs to you! Please attend and share these Mental Health Month events hosted by various community partners.

1

MAY
12-3PM

PHOTOVOICE MENTAL HEALTH MONTH GALLERY VIEWING

Patio Area of 2000 Alameda de Las Pulgas, San Mateo 94403

2

MAY
2-4PM

PHOTOVOICE AND DIGITAL STORYTELLING

Domini Hoskins Black History Museum and Learning Center
890 Jefferson Ave, Redwood City 94063

3

MAY
1-3PM

RELEASE THE RAGE: A QUEER COMMUNITY EXHALE

Ryder Park, 1801 J. Hart Clinton Dr, San Mateo

5

MAY
12-3PM

MENTAL HEALTH MONTH KICKOFF EVENT

AllCove San Mateo, 2600 S El Camino Real, Suite 300, San Mateo 94403

6

MAY
12-1:30PM

NAMI SMC MENTAL HEALTH & LUNCH FOR ALL

350 Twin Dolphin Dr. #115, Redwood City
Please email RSVP to lparmerlohan@namisanmateo.org

9

MAY
11AM-2:30PM

P.O.W.E.R. WALK: PROMOTING OUR WELLNESS, EMPOWERING RESILIENCE

Central Park, San Mateo 94403

#MENTALHEALTHISOURS

For latest event updates, visit
SMCHealth.org/MHM



9

MAY
8:30AM-
12PM

MOVE 4 MIND 5K (BY COUNTY YOUTH COMMISSION)

Seal Point Park, 1901 J Hart Clinton Dr, San Mateo 94403

11

MAY
6:30PM

STRESS LESS, LIVE MORE WEBINAR

Zoom Meeting | Check QR code for details

14

MAY
3-6PM

WELLNESS TOOLS AND ART WORKSHOP

Recovery Connection Center, 650 Main St, Redwood City 94063

14

MAY
5PM

SEEING THROUGH STIGMA PANEL

1633 Old Bayshore Hwy, Ste 160, Burlingame

17

MAY
12:45-2PM

OUT AND ABOUT GOAT YOGA AT LEMOS FARM

12320 San Mateo Rd, Half Moon Bay

20

MAY
10AM-12PM

CONVERSATION CAFE: BREAKING OUT ON BURNOUT

Community Room, 1044 Middlefield Rd. Redwood City

20

MAY
3-4PM

BUILDING BRAIN-HEALTHY HABITS

Menlo Park Library, 800 Alma St, Menlo Park

24

MAY
11AM-3PM

YOUTH WELLNESS SUMMIT

1701 Coyote Dr. Eucalyptus Picnic Area #1-4, San Mateo

22

MAY
6-7PM

HOSTED BY: PENINSULA BOOK COLLABORATIVE

441 Westlake Center, Daly City 94015

27

MAY
6-8PM

MENTAL HEALTH OPEN MIC

Cafe Zoe, 1929 Menalto Ave, Menlo Park



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



**PENINSULA
SUICIDE
PREVENTION**



**Felton
institute**

